



Upset, Distressed	Frustrated, Confused, Stressed Sad, Tired, Bored	Calm, Content, Focused	Happy, Alert, Engaged	Excited, Anxious, Silly, Nervous	Frustrated, Confused, Stressed	Angry, Panicked, Very intense feelings
Sit on a bean bag (or in a comfy spot) Take a walk Go for a short run or jog Play-doh Snuggling in blankets Singing/Music Cleaning	Irregular movement - Jumping/Bouncing/Swinging Push-ups/Climbing Drink (water) Have a snack Reading Finger painting Tickling	Conversation Praise Board games Other game play	Conversation Praise Engage with child Physical exercise	Drink (water) Belly breathing Wall pushups Go for a short run or jog Stretching (yoga) Jumping/bouncing Skipping Heavy lifting/pulling Ball play	Belly Breathing Meditation Chew gum/sucking Stress ball/tactile play Colouring Calm, rhythmic movement Deep pressure massage Hand massage	Belly Breathing Meditation Colouring Sit on a bean bag (or in a comfy spot) Sandwich between pillows Stretching (yoga) Soft, slow music Slow rocking

## Instructions

1. Print out and laminate both pages
2. Cut out the pointer below (including the area inside the circle)
3. Insert a split pin through 'Point A', indicated below
4. Push the split pin through the small circle on the chart

